

# SELF-CARE CHECKLIST

Look at your own day to day routines and figure out what you really need to be happy and to create the life that you (and your kids) deserve.

## PHYSICAL SELF-CARE

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## SOCIAL SELF-CARE

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## PROFESSIONAL/INTELLECTUAL SELF-CARE

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## EMOTIONAL SELF-CARE

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## FINANCIAL SELF-CARE

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## SPIRITUAL SELF-CARE

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